



Scrambled Tofu

Replacing tofu for eggs is a great way to keep enjoying this classic breakfast dish with a vegan twist.

Serves: 4, Prep time: 00:30, Cook time: 00:15

Instructions

Drain one 300g block of organic tofu (we use the TONZU brand as it's a NZ company who support a living wage) and stick mix till a paste.

Drain another 300g of tofu and roughly mash with a fork (leave some chunky bits) and add to the bowl.

Add the remaining ingredients and stir

Fry gently (medium heat) in an oiled deep fry-pan or saucepan, stirring occasionally until "scrambled".

Add fresh chopped herbs i.e parsley/coriander

Stir briefly and serve immediately.

We enjoy it with TONZU plant based sausages, fried tomatoes, spinach, and wholegrain toast.

Ingredients

- 600 (2 block) grams Tofu (organic TONZU brand)
- 0.5 teaspoon onion , powder
- 0.5 teaspoon Ground tumeric, powder
- 1 teaspoon Garlic (minced)
- 5 grams Black pepper, grind (0 oz)
- 0.25 cups Water
- 1 tablespoon Extra virgin olive oil
- 0.25 cups Coriander (cilantro) leaves (roughly chopped)
- 0.25 cups Flat leaf parsley leaves (roughly chopped)